

# Women's

# WEEK 1

# BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 1 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	4	4	82.5%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/8ZUUQg23mjs">https://youtu.be/8ZUUQg23mjs</a>	ECCENTRIC-ACCENTUATED ROMANIAN DEADLIFT	2	4	8	RPE8	2-3 MIN						3-SECOND LOWERING PHASE, KEEPS HIPS BACK, SLIGHT KNEE BEND
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/TEFVVT_NuPg">https://youtu.be/TEFVVT_NuPg</a>	GOOD MORNING	1	3	10	RPE7	1-2 MIN						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	3	8	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	6	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	6	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/78tm0BT4Miw">https://youtu.be/78tm0BT4Miw</a>	DIP	1	3	10	RPE7	1-2 MIN						SLIGHT LEAN FORWARD. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/1m4zHwc--kM">https://youtu.be/1m4zHwc--kM</a>	DUMBBELL ROW	1	3	12	RPE7	1-2 MIN						3 SETS FOR EACH ARM. USE A FLAT BENCH TO SET UP. PULL WITH YOUR ELBOWS AND STOP AT THE POCKET.
<a href="https://youtu.be/YZDTP550rw">https://youtu.be/YZDTP550rw</a>	CONSTANT-TENSION DUMBBELL LATERAL RAISE	0	3	12	RPE10	1-2 MIN						NO PAUSING AT THE BOTTOM. LEAD WITH YOUR ELBOWS. SWING "OUT" NOT "UP"
<a href="https://youtu.be/r3b944bM6To">https://youtu.be/r3b944bM6To</a>	HIGH-TO-LOW FACE PULL	0	3	15	RPE8	1-2 MIN						PULL YOUR ELBOWS UP AND BACK
<a href="https://youtu.be/qxAySNdkDmE">https://youtu.be/qxAySNdkDmE</a>	DUMBBELL ALTERNATING CURL	0	3	12	RPE8	1-2 MIN						SUPINATE DURING THE CONCENTRIC AND ECCENTRIC. SLOW AND CONTROLLED.
<a href="https://youtu.be/xudZptjqwYU">https://youtu.be/xudZptjqwYU</a>	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 1 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AawoMMbw6rs">https://youtu.be/AawoMMbw6rs</a>	CONSTANT-TENSION BARBELL HIP THRUST	3	2	20	RPE9	2-3 MIN						ONLY DO THE TOP HALF OF THE RANGE OF MOTION. NO PAUSING AT ANY POINT.
<a href="https://youtu.be/ntiYM2RI5wA">https://youtu.be/ntiYM2RI5wA</a>	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	20	RPE9	2-3 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/xQ-1ARKlpIM">https://youtu.be/xQ-1ARKlpIM</a>	KNEE-BANDED LEG PRESS	1	2	15	RPE7	1-2 MIN						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
<a href="https://youtu.be/738oMmTUNss">https://youtu.be/738oMmTUNss</a>	KETTLEBELL SWING	0	2	30	RPE7	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
<a href="https://youtu.be/tFCeZJmF-0g">https://youtu.be/tFCeZJmF-0g</a>	STABILITY BALL SLIDING LEG CURL	0	2	12	RPE7	1-2 MIN						KEEP HIPS HIGH AND CONTRACT HAMSTRINGS AS YOU CURL THE BALL.
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	A1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	A2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/z9jir_-wsM">https://youtu.be/z9jir_-wsM</a>	STANDING CALF RAISE	1	2	10	RPE7	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/MgLbQCswwLA">https://youtu.be/MgLbQCswwLA</a>	MACHINE CRUNCH	0	2	20	RPE7	1-2 MIN						DON'T YANK WITH YOUR ARMS, CONTRACT ABS TO CRUNCH

Day 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3I-Q">https://youtu.be/COYZec_3I-Q</a>	BARBELL BENCH PRESS	3	4	4	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/CLrpaqogyoY">https://youtu.be/CLrpaqogyoY</a>	ISOLATERAL PULLDOWN	2	4	12	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
<a href="https://youtu.be/flr4ohSI0j8">https://youtu.be/flr4ohSI0j8</a>	MACHINE SHOULDER PRESS	1	3	15	RPE7	1-2 MIN						FULLY LOCKOUT EACH REP. PRESS STRAIGHT UP AND FOCUS ON DELTS.
<a href="https://youtu.be/8raJEV0ksSk">https://youtu.be/8raJEV0ksSk</a>	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
<a href="https://youtu.be/UbR4tfpojXc">https://youtu.be/UbR4tfpojXc</a>	BARBELL UPRIGHT ROW	1	3	10	RPE7	1-2 MIN						PULL BARBELL UP TO STERNUM. PULL YOUR ELBOWS UP AND OUT.
<a href="https://youtu.be/uCV400QMGpM">https://youtu.be/uCV400QMGpM</a>	CABLE REVERSE FLY	1	3	12	RPE7	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK". CONTRACT REAR DELTS.
<a href="https://youtu.be/tuRRcmFgMok">https://youtu.be/tuRRcmFgMok</a>	PREACHER CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS. KEEP TEMPO SLOW AND CONTROLLED.
<a href="https://youtu.be/QtZ7Wcbn6fQ">https://youtu.be/QtZ7Wcbn6fQ</a>	DUMBBELL SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN’S OPTIMIZATION PROGRAM

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	4	4	2	85%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/c7lm2zPPlwc">https://youtu.be/c7lm2zPPlwc</a>	PAUSE BARBELL HIP THRUST	2	4	12	RPE8	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
<a href="https://youtu.be/SK58IfX5qUE">https://youtu.be/SK58IfX5qUE</a>	SMITH MACHINE REVERSE LUNGE	1	3	15	RPE7	1-2 MIN						KEEP YOUR SHIN VERTICAL AND DRIVE THROUGH YOUR HEEL.
<a href="https://youtu.be/OegaGp_brPs">https://youtu.be/OegaGp_brPs</a>	DUMBBELL FROG PUMP	1	3	20	RPE7	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION	0	3	30	RPE7	1-2 MIN						DON'T RUSH THESE. KEEP THEM SLOW AND CONTROLLED.
<a href="https://youtu.be/MhAuNeFHfqw">https://youtu.be/MhAuNeFHfqw</a>	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

# Women's

# WEEK 2

# BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	2	2	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/ue1fcU9fHDA">https://youtu.be/ue1fcU9fHDA</a>	FRONT SQUAT	2	2	8	RPE8	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
<a href="https://youtu.be/ntiYM2RI5wA">https://youtu.be/ntiYM2RI5wA</a>	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	10/10	RPE8	1-2 MIN						DROPSET:10 REPS HIGHER WEIGHT/ 10 REPS LOWER WEIGHT OR BODY WEIGHT. KEEP BACK ROUNDED "THRUST" HIPS INTO PAD.
<a href="https://youtu.be/JJjiBawM8u4">https://youtu.be/JJjiBawM8u4</a>	A1: LEG EXTENSION	0	2	12	RPE8	30SEC						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	A2: LYING LEG CURL	0	2	12	RPE8	30SEC						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/ONQa7DSel5Y">https://youtu.be/ONQa7DSel5Y</a>	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
<a href="https://youtu.be/-hAz07PIGnk">https://youtu.be/-hAz07PIGnk</a>	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
<a href="https://youtu.be/UzVC4oW00rM">https://youtu.be/UzVC4oW00rM</a>	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	7	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	3	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/p2t9daxLpB8">https://youtu.be/p2t9daxLpB8</a>	DUMBBELL INCLINE PRESS	1	3	10	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
<a href="https://youtu.be/sC1xDVs3j-o">https://youtu.be/sC1xDVs3j-o</a>	CABLE SEATED ROW	1	3	10	RPE7	1-2 MIN						PULL YOUR ELBOWS DOWN AND BACK. FEEL LATS CONTRACTING AND AVOID USING BICEPS.
<a href="https://youtu.be/0VvQ6oIH4I">https://youtu.be/0VvQ6oIH4I</a>	EGYPTIAN CABLE LATERAL RAISE	0	3	8	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
<a href="https://youtu.be/5IKdJO9EXQI">https://youtu.be/5IKdJO9EXQI</a>	PLATE FRONT RAISE (MYO-REPS)	0	3	12/3/3/3	RPE7	2 MIN						MYO-REPS:12 REPS/REST 5 SECS/ 3 REPS/REPEAT UNTIL FAIL. HOLD PLATE AT 9 AND 3 O'CLOCK. LIFT PLATE TO SHOULDER HEIGHT.
<a href="https://youtu.be/fBZV_ToDWNm">https://youtu.be/fBZV_ToDWNm</a>	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
<a href="https://youtu.be/lvL3-3GxGjE">https://youtu.be/lvL3-3GxGjE</a>	ROPE ELBOW EXTENSION	0	3	15	RPE8	1-2 MIN						STAND WITH SLIGHT BEND AT THE HIPS AND KNEES. PULL ROPE DOWN.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	2	4	6	70%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	6	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3I-Q">https://youtu.be/COYZec_3I-Q</a>	BARBELL BENCH PRESS	3	4	8	70%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/_YrXr_iwYFQ">https://youtu.be/_YrXr_iwYFQ</a>	WIDE-GRIP LAT PULLDOWN	2	4	12	RPE8	2-3 min						INITIATE EACH REP VIA SCAPULAR DEPRESSION, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. PULL DOWN AND IN.
<a href="https://youtu.be/rPj2QaSVBWs">https://youtu.be/rPj2QaSVBWs</a>	ARNOLD PRESS	1	3	10	RPE7	1-2 min						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
<a href="https://youtu.be/VFcYQ7ZRE7M">https://youtu.be/VFcYQ7ZRE7M</a>	PENDLAY ROW	1	3	10	RPE7	1-2 min						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
<a href="https://youtu.be/y18whMZfRhY">https://youtu.be/y18whMZfRhY</a>	DUMBBELL LATERAL RAISE	0	3	15/15	RPE8	1-2 MIN						DROPSET: 15 REPS, DECREASE WEIGHT THEN 15 REPS (1 SET)
<a href="https://youtu.be/WTglBtduxlw">https://youtu.be/WTglBtduxlw</a>	PRONE TRAP RAISE	0	3	12	RPE8	1-2 MIN						USE A 45° ANGLE BENCH AND LAY ON YOUR STOMACH ON BACK OF BENCH. RAISE ARMS IN "Y" POSITION.
<a href="https://youtu.be/_4qHATQw-9I">https://youtu.be/_4qHATQw-9I</a>	DUMBBELL HAMMER CURL	0	3	8	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
<a href="https://youtu.be/QtZ7Wcbn6fQ">https://youtu.be/QtZ7Wcbn6fQ</a>	DUMBBELL SKULL CRUSHER	0	3	10	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/KO7SLzLhFkI">https://youtu.be/KO7SLzLhFkI</a>	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
<a href="https://youtu.be/E-lKh2yDzgo">https://youtu.be/E-lKh2yDzgo</a>	BARBELL ROMANIAN DEADLIFT	2	2	12	RPE8	2-3 min						SLIGHT BEND IN KNEES, LOWER AND RAISE BARBELL AS IF YOU ARE SCRAPING THE BAR AGAINST YOUR LEGS AND CHINS.
<a href="https://youtu.be/mZpKhRh5njM">https://youtu.be/mZpKhRh5njM</a>	COSSACK SQUAT	1	2	10	RPE8	1-2 min						HOLD KETTLEBELL OR DUMBBELL. DRIVE THROUGH YOUR HEELS. SWITCH SIDES WITH A CONTROLLED TEMPO.
<a href="https://youtu.be/GLkxU3SB_Uw">https://youtu.be/GLkxU3SB_Uw</a>	A1: SEATED LEG CURL	0	2	15	RPE8	1-2 min						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/738oMmTUNss">https://youtu.be/738oMmTUNss</a>	A2: KETTLEBELL SWING	0	2	30	RPE8	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	CABLE GLUTE KICKBACK	0	2	12	RPE8	1-2 MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/z9jir-_-wsM">https://youtu.be/z9jir-_-wsM</a>	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/k1H-CF00T3I">https://youtu.be/k1H-CF00T3I</a>	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT



# Women's

# WEEK 3

# BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	4	5	82.5%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/8ZUUQg23mjs">https://youtu.be/8ZUUQg23mjs</a>	ECCENTRIC-ACCENTUATED ROMANIAN DEADLIFT	2	4	8	RPE9	2-3 MIN						3-SECOND LOWERING PHASE, KEEPS HIPS BACK, SLIGHT KNEE BEND
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	12	RPE8	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/TEFVVT_NuPg">https://youtu.be/TEFVVT_NuPg</a>	GOOD MORNING	1	3	10	RPE8	1-2 MIN						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	3	8	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	8	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	6	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/78tm0BT4Miw">https://youtu.be/78tm0BT4Miw</a>	DIP	1	3	10	RPE8	1-2 MIN						SLIGHT LEAN FORWARD. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/1m4zHwc--kM">https://youtu.be/1m4zHwc--kM</a>	DUMBBELL ROW	1	3	12	RPE8	1-2 MIN						3 SETS FOR EACH ARM. USE A FLAT BENCH TO SET UP. PULL WITH YOUR ELBOWS AND STOP AT THE POCKET.
<a href="https://youtu.be/YZDTP550rw">https://youtu.be/YZDTP550rw</a>	CONSTANT-TENSION DUMBBELL LATERAL RAISE	0	3	12	RPE10	1-2 MIN						NO PAUSING AT THE BOTTOM. LEAD WITH YOUR ELBOWS. SWING "OUT" NOT "UP"
<a href="https://youtu.be/r3b944bM6To">https://youtu.be/r3b944bM6To</a>	HIGH-TO-LOW FACE PULL	0	3	15	RPE9	1-2 MIN						PULL YOUR ELBOWS UP AND BACK
<a href="https://youtu.be/qxAySNdkDmE">https://youtu.be/qxAySNdkDmE</a>	DUMBBELL ALTERNATING CURL	0	3	12	RPE9	1-2 MIN						SUPINATE DURING THE CONCENTRIC AND ECCENTRIC. SLOW AND CONTROLLED.
<a href="https://youtu.be/xudZptjqwYU">https://youtu.be/xudZptjqwYU</a>	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE9	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP
<a href="https://youtu.be/xudZptjqwYU">https://youtu.be/xudZptjqwYU</a>	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE9	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AawoMMbw6rs">https://youtu.be/AawoMMbw6rs</a>	CONSTANT-TENSION BARBELL HIP THRUST	3	2	20	RPE10	2-3 MIN						ONLY DO THE TOP HALF OF THE RANGE OF MOTION. NO PAUSING AT ANY POINT.
<a href="https://youtu.be/ntiYM2RI5wA">https://youtu.be/ntiYM2RI5wA</a>	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	20	RPE9	2-3 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/xQ-1ARKlpIM">https://youtu.be/xQ-1ARKlpIM</a>	KNEE-BANDED LEG PRESS	1	2	15	RPE8	1-2 min						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
<a href="https://youtu.be/738oMmTUNss">https://youtu.be/738oMmTUNss</a>	KETTLEBELL SWING	0	2	30	RPE8	1-2 min						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
<a href="https://youtu.be/tFCeZJmF-0g">https://youtu.be/tFCeZJmF-0g</a>	STABILITY BALL SLIDING LEG CURL	0	2	12	RPE8	1-2 MIN						KEEP HIPS HIGH AND CONTRACT HAMSTRINGS AS YOU CURL THE BALL.
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	A1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE8	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	A2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE8	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/z9jir-_wsM">https://youtu.be/z9jir-_wsM</a>	STANDING CALF RAISE	1	2	10	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/MgLbQCswgLA">https://youtu.be/MgLbQCswgLA</a>	MACHINE CRUNCH	0	2	20	RPE8	1-2 MIN						DON'T YANK WITH YOUR ARMS, CONTRACT ABS TO CRUNCH

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3l-Q">https://youtu.be/COYZec_3l-Q</a>	BARBELL BENCH PRESS	3	4	5	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/CLrpaqogyoY">https://youtu.be/CLrpaqogyoY</a>	ISOLATERAL PULLDOWN	2	4	12	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
<a href="https://youtu.be/flr4ohSI0j8">https://youtu.be/flr4ohSI0j8</a>	MACHINE SHOULDER PRESS	1	3	15	RPE	1-2 MIN						FULLY LOCKOUT EACH REP. PRESS STRAIGHT UP AND FOCUS ON DELTS.
<a href="https://youtu.be/8raJEV0ksSk">https://youtu.be/8raJEV0ksSk</a>	CHEST-SUPPORTED ROW	1	3	12	RPE8	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
<a href="https://youtu.be/UbR4tfpojXc">https://youtu.be/UbR4tfpojXc</a>	BARBELL UPRIGHT ROW	1	3	10	RPE8	1-2 MIN						PULL BARBELL UP TO STERNUM. PULL YOUR ELBOWS UP AND OUT.
<a href="https://youtu.be/uCV400QMGPm">https://youtu.be/uCV400QMGPm</a>	CABLE REVERSE FLY	1	3	12	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK". CONTRACT REAR DELTS.
<a href="https://youtu.be/tuRRcmFgMok">https://youtu.be/tuRRcmFgMok</a>	PREACHER CURL	0	3	12	RPE9	1-2 MIN						FLEX YOUR BICEPS. KEEP TEMPO SLOW AND CONTROLLED.
<a href="https://youtu.be/QtZ7Wcbn6fQ">https://youtu.be/QtZ7Wcbn6fQ</a>	DUMBBELL SKULL CRUSHER	0	3	12	RPE9	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	4	4	3	85%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/c7lm2zPPlwc">https://youtu.be/c7lm2zPPlwc</a>	PAUSE BARBELL HIP THRUST	2	4	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
<a href="https://youtu.be/SK58IfX5qUE">https://youtu.be/SK58IfX5qUE</a>	SMITH MACHINE REVERSE LUNGE	1	3	15	RPE8	1-2 MIN						KEEP YOUR SHIN VERTICAL AND DRIVE THROUGH YOUR HEEL.
<a href="https://youtu.be/OegaGp_brPs">https://youtu.be/OegaGp_brPs</a>	DUMBBELL FROG PUMP	1	3	20	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION	0	3	30	RPE8	1-2 MIN						DON'T RUSH THESE. KEEP THEM SLOW AND CONTROLLED.
<a href="https://youtu.be/MhAuNeFHfqw">https://youtu.be/MhAuNeFHfqw</a>	AB VACUUM	0	3	20-SEC	RPE8	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

# Women's

# WEEK 4

# BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	2	2	12	RPE10	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/ue1fcU9fHDA">https://youtu.be/ue1fcU9fHDA</a>	FRONT SQUAT	2	2	8	RPE9	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
<a href="https://youtu.be/ntiYM2RI5wA">https://youtu.be/ntiYM2RI5wA</a>	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	10/10	RPE8	1-2 MIN						DROPSET:10 REPS HIGHER WEIGHT/ 10 REPS LOWER WEIGHT OR BODY WEIGHT. KEEP BACK ROUNDED "THRUST" HIPS INTO PAD.
<a href="https://youtu.be/JJjiBawM8u4">https://youtu.be/JJjiBawM8u4</a>	A1: LEG EXTENSION	0	2	12	RPE9	30SEC						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	A2: LYING LEG CURL	0	2	12	RPE9	30SEC						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/ONQa7DSeL5Y">https://youtu.be/ONQa7DSeL5Y</a>	MACHINE GLUTE KICKDOWN	0	2	15	RPE10	1-2 MIN						DRIVE DOWN WITH YOUR HEEL TO FOCUS THE TENSION ON THE GLUTES.
<a href="https://youtu.be/-hAz07PIGnk">https://youtu.be/-hAz07PIGnk</a>	SEATED CALF RAISE	0	2	12	RPE9	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
<a href="https://youtu.be/UzVC4oW00rM">https://youtu.be/UzVC4oW00rM</a>	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE9	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AZFNDGN-S8A">HTTPS://YOUTU.BE/AZFNDGN-S8A</a>	TOP SET: BARBELL OVERHEAD PRESS	2	1	AMRAP	75%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/AZFNDGN-S8A">HTTPS://YOUTU.BE/AZFNDGN-S8A</a>	BARBELL OVERHEAD PRESS	0	3	8	75%	3-4 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NAGF3RCGPA">HTTPS://YOUTU.BE/-NAGF3RCGPA</a>	CHIN-UP	2	4	3	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/P2T9DAXLPB8">HTTPS://YOUTU.BE/P2T9DAXLPB8</a>	DUMBBELL INCLINE PRESS	1	3	10	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
<a href="https://youtu.be/SC1XDVS3J-O">HTTPS://YOUTU.BE/SC1XDVS3J-O</a>	CABLE SEATED ROW	1	3	10	RPE7	1-2 MIN						PULL YOUR ELBOWS DOWN AND BACK. FEEL LATS CONTRACTING AND AVOID USING BICEPS.
<a href="https://youtu.be/0VVQ60LHI4I">HTTPS://YOUTU.BE/0VVQ60LHI4I</a>	EGYPTIAN LATERAL RAISE	0	3	8	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
<a href="https://youtu.be/5LKDJ09EXQI">HTTPS://YOUTU.BE/5LKDJ09EXQI</a>	PLATE FRONT RAISE (MYO-REPS)	0	3	12/3/3/3	RPE7	1-2 MIN						MYO-REPS:12 REPS/REST 5 SECS/ 3 REPS/REPEAT UNTIL FAIL. HOLD PLATE AT 9 AND 3 O'CLOCK. LIFT PLATE TO SHOULDER HEIGHT.
<a href="https://youtu.be/FBZV_TODWNM">HTTPS://YOUTU.BE/FBZV_TODWNM</a>	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
<a href="https://youtu.be/IVL3-3GXGJE">HTTPS://YOUTU.BE/IVL3-3GXGJE</a>	ROPE ELBOW EXTENSION	0	3	15	RPE8	1-2 MIN						STAND WITH SLIGHT BEND AT THE HIPS AND KNEES. PULL ROPE DOWN.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	TOP SET: BACK SQUAT	3	1	AMRAP	85%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	0	3	4	85%	3-4 min						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	2	4	6	75%	3-5 min						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	6	RPE8	2-3 min						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CABLE STANDING HIP ABDUCTION	0	3	12	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	3	10	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3I-Q">https://youtu.be/COYZec_3I-Q</a>	BARBELL BENCH PRESS	3	4	10	70%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/_YrXr_iwYFQ">https://youtu.be/_YrXr_iwYFQ</a>	WIDE-GRIP LAT PULLDOWN	2	4	12	RPE9	2-3 MIN						INITIATE EACH REP VIA SCAPULAR DEPRESSION, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. PULL DOWN AND IN.
<a href="https://youtu.be/rPj2QaSVBWws">https://youtu.be/rPj2QaSVBWws</a>	ARNOLD PRESS	1	3	10	RPE8	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
<a href="https://youtu.be/VFcYQ7ZRE7M">https://youtu.be/VFcYQ7ZRE7M</a>	PENDLAY ROW	1	3	10	RPE8	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
<a href="https://youtu.be/y18whMZfRhY">https://youtu.be/y18whMZfRhY</a>	DUMBBELL LATERAL RAISE (DROPSET)	0	3	15/15	RPE9	1-2 MIN						DROPSET: 15 REPS, DECREASE WEIGHT THEN 15 REPS (1 SET)
<a href="https://youtu.be/WTglBtduxlw">https://youtu.be/WTglBtduxlw</a>	PRONE TRAP RAISE	0	3	12	RPE8	1-2 MIN						USE A 45° ANGLE BENCH AND LAY ON YOUR STOMACH ON BACK OF BENCH. RAISE ARMS IN "Y" POSITION.
<a href="https://youtu.be/_4qHATQw-9I">https://youtu.be/_4qHATQw-9I</a>	DUMBBELL HAMMER CURL	0	3	8	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
<a href="https://youtu.be/QtZ7Wcbn6fQ">https://youtu.be/QtZ7Wcbn6fQ</a>	DUMBBELL SKULL CRUSHER	0	3	10	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/K07SLzLhFkI">https://youtu.be/K07SLzLhFkI</a>	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION FOR FIRST 10 REPS/ TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
<a href="https://youtu.be/E-lKh2yDzgo">https://youtu.be/E-lKh2yDzgo</a>	BARBELL ROMANIAN DEADLIFT	2	2	12	RPE9	2-3 min						SLIGHT BEND IN KNEES, LOWER AND RAISE BARBELL AS IF YOU ARE SCRAPING THE BAR AGAINST YOUR LEGS AND CHINS.
<a href="https://youtu.be/mZpKhRh5njM">https://youtu.be/mZpKhRh5njM</a>	COSSACK SQUAT	1	2	10	RPE8	1-2 min						HOLD KETTLEBELL OR DUMBBELL. DRIVE THROUGH YOUR HEELS. SWITCH SIDES WITH A CONTROLLED TEMPO.
<a href="https://youtu.be/GLkxU3SB_Uw">https://youtu.be/GLkxU3SB_Uw</a>	A1: SEATED LEG CURL	0	2	15	RPE8	1-2 min						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/738oMmTUNss">https://youtu.be/738oMmTUNss</a>	A2: KETTLEBELL SWING	0	2	30	RPE8	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	MACHINE GLUTE KICKBACK	0	2	12	RPE8	1-2 MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/z9jir-_wsM">https://youtu.be/z9jir-_wsM</a>	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/k1H-CF00T3I">https://youtu.be/k1H-CF00T3I</a>	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT



# *Women's* OPTIMIZATION PROGRAM

# WEEK 5

# BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 5 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	2	2	6	80%	2-3 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	8	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GupsTxSmzg8">https://youtu.be/GupsTxSmzg8</a>	LEG PRESS	1	3	10	RPE7	1-2 MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION (MYO-REPS)	0	3	15/3/3/3	RPE8	1-2 MIN						MYO REPS: 15 REPS/REST 5 SEC/3 REPS/REST 5/3 REPS/ UNTIL FAIL. PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/la3mcAUtTC4">https://youtu.be/la3mcAUtTC4</a>	PLANK	0	3	30SEC	RPE8	1-2 MIN						FLEX YOUR GLUTES AND DON'T LET YOUR HIPS FALL OR GO UP TOO HIGH. STAY PARALLEL TO THE FLOOR

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	2	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	10	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/p2t9daxLpB8">https://youtu.be/p2t9daxLpB8</a>	DUMBBELL INCLINE PRESS	1	3	12	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
<a href="https://youtu.be/VFcYQ7ZRE7M">https://youtu.be/VFcYQ7ZRE7M</a>	PENDLAY ROW	1	3	10	RPE7	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
<a href="https://youtu.be/YZDTP550rw">https://youtu.be/YZDTP550rw</a>	DUMBBELL LATERAL RAISE PULSE	0	3	30	RPE10	1-2 MIN						ONLY DO THE TOP HALF OF RANGE OF MOTION
<a href="https://youtu.be/RDqcEtGi3BI">https://youtu.be/RDqcEtGi3BI</a>	REVERSE PEC DECK	0	3	15	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK"
<a href="https://youtu.be/tuRRcmFgMok">https://youtu.be/tuRRcmFgMok</a>	ECCENTRIC-ACCENTUATED PREACHER CURL	0	3	12	RPE8	2 MIN						3 SECOND LOWERING PHASE.SUPINATE DURING THE CONCENTRIC AND ECCENTRIC.
<a href="https://youtu.be/BRnNIIAlgFM">https://youtu.be/BRnNIIAlgFM</a>	V-BAR PRESS DOWN	0	3	15	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 5 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/c7lm2zPPlwc">https://youtu.be/c7lm2zPPlwc</a>	PAUSE BARBELL HIP THRUST	3	3	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	A1: LYING LEG CURL	1	2	20	RPE9	30sec						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/738oMmTUNss">https://youtu.be/738oMmTUNss</a>	A2: KETTLEBELL SWING	1	2	20	RPE7	30sec						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
<a href="https://youtu.be/JJjiBawM8u4">https://youtu.be/JJjiBawM8u4</a>	B1: LEG EXTENSION	0	2	15	RPE7	30sec						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/xQ-1ARKIpIM">https://youtu.be/xQ-1ARKIpIM</a>	B2: KNEE-BANDED LEG PRESS	0	2	15	RPE7	30SEC						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	C1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	C2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/-hAz07PIGnk">https://youtu.be/-hAz07PIGnk</a>	SEATED CALF RAISE	1	2	20	RPE7	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	2	12	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3l-Q">https://youtu.be/COYZec_3l-Q</a>	BARBELL BENCH PRESS	3	4	6	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/CLrpaqogyoY">https://youtu.be/CLrpaqogyoY</a>	ISOLATERAL PULLDOWN	2	3	10	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
<a href="https://youtu.be/rPj2QaSVBWss">https://youtu.be/rPj2QaSVBWss</a>	ARNOLD PRESS	1	3	12	RPE7	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
<a href="https://youtu.be/8raJEV0ksSk">https://youtu.be/8raJEV0ksSk</a>	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
<a href="https://youtu.be/N301JWAHtvE">https://youtu.be/N301JWAHtvE</a>	A1: BAND LATERAL RAISE	0	3	30	RPE7	30SEC						LEAD WITH YOUR ELBOW. SWING THE BAND "OUT", NOT "UP"
<a href="https://youtu.be/r3b944bM6To">https://youtu.be/r3b944bM6To</a>	A2: CABLE ROPE FACE PULL	0	3	20	RPE7	30SEC						STAND AND LEAN BACK SLIGHTLY. PULL YOUR ELBOWS UP AND BACK.
<a href="https://youtu.be/Dd0t5UOCEUc">https://youtu.be/Dd0t5UOCEUc</a>	B1: EZ BAR CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
<a href="https://youtu.be/wxlcSapTHpo">https://youtu.be/wxlcSapTHpo</a>	B2: EZ BAR SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

WOMEN’S OPTIMIZATION PROGRAM

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	4	4	4	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/ue1fcU9fHDA">https://youtu.be/ue1fcU9fHDA</a>	FRONT SQUAT	2	2	8	65%	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/ntiYM2RI5wA">https://youtu.be/ntiYM2RI5wA</a>	BODYWEIGHT ROUND-BACK 45° HYPEREXTENSION	0	3	30	RPE7	1-2 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/XPantXkn-Dg">https://youtu.be/XPantXkn-Dg</a>	LATERAL BAND WALK	0	3	30	RPE7	1-2 MIN						PRESS AGAINST THE BAND WITH THE LEADING LEG TO ABDUCT THE HIPS. FEEL SIDE GLUTE CONTRACT.
<a href="https://youtu.be/MhAuNeFHfqw">https://youtu.be/MhAuNeFHfqw</a>	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

*Women's*

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**OPTIMIZATION  
PROGRAM**

**WEEK 6**

BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	2	3	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/xS3e08fdefc">https://youtu.be/xS3e08fdefc</a>	DUMBBELL ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	1-2 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/VfiTjugSDCQ">https://youtu.be/VfiTjugSDCQ</a>	A1: DUMBBELL WALKING LUNGE	0	2	15	RPE8	30sec						15 STEPS EACH LEG. STEP AND KEEP CHIN PERPENDICULAR TO FLOOR WITH EACH STEP.
<a href="https://youtu.be/TEFVVT_NuPg">https://youtu.be/TEFVVT_NuPg</a>	A2: GOOD MORNING	0	2	10	RPE8	30sec						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
<a href="https://youtu.be/ONQa7DSeL5Y">https://youtu.be/ONQa7DSeL5Y</a>	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
<a href="https://youtu.be/GLkxU3SB_Uw">https://youtu.be/GLkxU3SB_Uw</a>	SEATED LEG CURL	0	2	12	RPE9	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/-hAz07PIGnk">https://youtu.be/-hAz07PIGnk</a>	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
<a href="https://youtu.be/UzVC4oW00rM">https://youtu.be/UzVC4oW00rM</a>	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	3	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	4	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/NAW0Yg4P4hE">https://youtu.be/NAW0Yg4P4hE</a>	A1: PUSH-UP	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. DON'T LET YOUR HIPS FALL.
<a href="https://youtu.be/qMej4KCwReE">https://youtu.be/qMej4KCwReE</a>	A2: INVERTED ROW	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. USE SMITH MACHINE FOR SETUP. DOUBLE OVERHAND GRIP AND PULL TO YOUR CHEST.
<a href="https://youtu.be/0VvQ6olHi4I">https://youtu.be/0VvQ6olHi4I</a>	EGYPTIAN CABLE LATERAL RAISE	0	3	10	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
<a href="https://youtu.be/vLpHw_5IozQ">https://youtu.be/vLpHw_5IozQ</a>	SEATED FACE PULL	0	3	15	RPE7	1-2 MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
<a href="https://youtu.be/_4qHATQw-9I">https://youtu.be/_4qHATQw-9I</a>	DUMBBELL HAMMER CURL	0	3	12	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
<a href="https://youtu.be/QtZ7Wcbn6fQ">https://youtu.be/QtZ7Wcbn6fQ</a>	DUMBBELL SKULL CRUSHER	0	3	12	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	2	2	6	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	10	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CONSTANT-TENSION CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						NO PAUSE BETWEEN CONCENTRIC & ECCENTRIC. INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3l-Q">https://youtu.be/COYZec_3l-Q</a>	BARBELL BENCH PRESS	3	4	7	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/o59FqNqbYwE">https://youtu.be/o59FqNqbYwE</a>	NEUTRAL-GRIP PULLDOWN	2	4	8	RPE8	2-3 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN BY CONTRACTING YOUR LATS.
<a href="https://youtu.be/m1GAJ2F0Q_0">https://youtu.be/m1GAJ2F0Q_0</a>	DUMBBELL SINGLE-ARM SHOULDER PRESS	1	3	10	RPE7	1-2 MIN						BRACE WITH YOUR ABS. HOLD ONE ARM OUT TO KEEP BALANCE.
<a href="https://youtu.be/sC1xDVs3j-o">https://youtu.be/sC1xDVs3j-o</a>	CABLE SEATED ROW	0	3	12	RPE7	1-2 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
<a href="https://youtu.be/AeMHXHynsKs">https://youtu.be/AeMHXHynsKs</a>	ECCENTRIC-ACCENTUATED DUMBBELL LATERAL RAISE	0	3	10	RPE8	1-2 MIN						3-SECOND LOWERING PHASE. LEAD WITH YOUR ELBOW ON THE CONCENTRIC.
<a href="https://youtu.be/5IKdJO9EXQI">https://youtu.be/5IKdJO9EXQI</a>	PLATE FRONT RAISE	0	3	15	RPE8	1-2 MIN						HOLD AT 9 AND 3 O'CLOCK. RAISE TO SHOULDER HEIGHT
<a href="https://youtu.be/fBZV_ToDWNM">https://youtu.be/fBZV_ToDWNM</a>	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
<a href="https://youtu.be/xudZptjqwYU">https://youtu.be/xudZptjqwYU</a>	ROPE OVERHEAD TRICEPS EXTENSION	0	3	10	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

DAY 5: LOWER BODY HYPERTROPHY

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/KO7SLzLhFkI">https://youtu.be/KO7SLzLhFkI</a>	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
<a href="https://youtu.be/Q-xmQxEMpIQ">https://youtu.be/Q-xmQxEMpIQ</a>	SMITH MACHINE SUMO SQUAT	1	2	12	RPE8	2-3 MIN						WIDE STANCE WITH TOES OUT. SIT DOWN AND BACK. SQUEEZE GLUTES DURING CONCENTRIC.
<a href="https://youtu.be/OegaGp_brPs">https://youtu.be/OegaGp_brPs</a>	A1: DUMBBELL FROG PUMP	0	2	30	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	A2: MACHINE SEATED HIP ABDUCTION	0	2	20	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	B1: LYING LEG CURL	0	2	15	RPE8	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/YSsIPZlnGKw">https://youtu.be/YSsIPZlnGKw</a>	B2: CABLE PULL-THROUGH	0	2	15	RPE8	1-2 MIN						USE ROPE AND PULL FROM BETWEEN YOUR LEGS. ENGAGE HIP EXTENSION AND THRUST HIPS FORWARD.
<a href="https://youtu.be/z9jir-_wsM">https://youtu.be/z9jir-_wsM</a>	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/k1H-CF00T3I">https://youtu.be/k1H-CF00T3I</a>	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT



# *Women's* OPTIMIZATION PROGRAM

# WEEK 7

# BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	4	5	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	2	2	6	80%	2-3 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	8	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GupsTxSmzg8">https://youtu.be/GupsTxSmzg8</a>	LEG PRESS	1	3	10	RPE7	1-2 MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION (MYO-REPS)	0	3	15/3/3/3	RPE8	1-2 MIN						MYO REPS: 15 REPS/REST 5 SEC/3 REPS/REST 5/3 REPS/ UNTIL FAIL. PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/la3mcAUtTC4">https://youtu.be/la3mcAUtTC4</a>	PLANK	0	3	30SEC	RPE8	1-2 MIN						FLEX YOUR GLUTES AND DON'T LET YOUR HIPS FALL OR GO UP TOO HIGH. STAY PARALLEL TO THE FLOOR

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	4	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	10	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/p2t9daxLpB8">https://youtu.be/p2t9daxLpB8</a>	DUMBBELL INCLINE PRESS	1	3	12	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
<a href="https://youtu.be/VFcYQ7ZRE7M">https://youtu.be/VFcYQ7ZRE7M</a>	PENDLAY ROW	1	3	10	RPE7	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
<a href="https://youtu.be/YZDTP550rw">https://youtu.be/YZDTP550rw</a>	DUMBBELL LATERAL RAISE PULSE	0	3	30	RPE10	1-2 MIN						ONLY DO THE TOP HALF OF RANGE OF MOTION
<a href="https://youtu.be/RDqcEtGi3BI">https://youtu.be/RDqcEtGi3BI</a>	REVERSE PEC DECK	0	3	15	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK"
<a href="https://youtu.be/tuRRcmFgMok">https://youtu.be/tuRRcmFgMok</a>	ECCENTRIC-ACCENTUATED PREACHER CURL	0	3	12	RPE8	2 MIN						3 SECOND LOWERING PHASE.SUPINATE DURING THE CONCENTRIC AND ECCENTRIC.
<a href="https://youtu.be/BRnNIIALgFM">https://youtu.be/BRnNIIALgFM</a>	V-BAR PRESS DOWN	0	3	15	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/c7lm2zPPlwc">https://youtu.be/c7lm2zPPlwc</a>	PAUSE BARBELL HIP THRUST	3	3	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	A1: LYING LEG CURL	1	2	20	RPE9	30sec						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/738oMmTUNss">https://youtu.be/738oMmTUNss</a>	A2: KETTLEBELL SWING	1	2	20	RPE7	30sec						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
<a href="https://youtu.be/JJjiBawM8u4">https://youtu.be/JJjiBawM8u4</a>	B1: LEG EXTENSION	0	2	15	RPE7	30sec						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/xQ-1ARKIpIM">https://youtu.be/xQ-1ARKIpIM</a>	B2: KNEE-BANDED LEG PRESS	0	2	15	RPE7	30SEC						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	C1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	C2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/-hAz07PIGnk">https://youtu.be/-hAz07PIGnk</a>	SEATED CALF RAISE	1	2	20	RPE7	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	2	12	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3l-Q">https://youtu.be/COYZec_3l-Q</a>	BARBELL BENCH PRESS	3	4	8	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/CLrpaqogyoY">https://youtu.be/CLrpaqogyoY</a>	UNILATERAL PULLDOWN	2	3	10	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
<a href="https://youtu.be/rPj2QaSVBWs">https://youtu.be/rPj2QaSVBWs</a>	ARNOLD PRESS	1	3	12	RPE7	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
<a href="https://youtu.be/8raJEV0ksSk">https://youtu.be/8raJEV0ksSk</a>	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
<a href="https://youtu.be/N301JWAHtvE">https://youtu.be/N301JWAHtvE</a>	A1: BAND LATERAL RAISE	0	3	30	RPE7	30SEC						LEAD WITH YOUR ELBOW. SWING THE BAND "OUT", NOT "UP"
<a href="https://youtu.be/r3b944bM6To">https://youtu.be/r3b944bM6To</a>	A2: CABLE ROPE FACE PULL	0	3	20	RPE7	30SEC						STAND AND LEAN BACK SLIGHTLY. PULL YOUR ELBOWS UP AND BACK.
<a href="https://youtu.be/Dd0t5UOCEUc">https://youtu.be/Dd0t5UOCEUc</a>	B1: EZ BAR CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
<a href="https://youtu.be/wxlcSapTHpo">https://youtu.be/wxlcSapTHpo</a>	B2: EZ BAR SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

WOMEN’S OPTIMIZATION PROGRAM

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	TOP SET: DEADLIFT	4	1	AMRAP	85%	3-5 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	4	3	5	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/ue1fcU9fHDA">https://youtu.be/ue1fcU9fHDA</a>	FRONT SQUAT	2	2	8	65%	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/ntiYM2RI5wA">https://youtu.be/ntiYM2RI5wA</a>	BODYWEIGHT ROUND-BACK 45° HYPEREXTENSION	0	3	30	RPE7	1-2 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/XPantXkn-Dg">https://youtu.be/XPantXkn-Dg</a>	LATERAL BAND WALK	0	3	30	RPE7	1-2 MIN						PRESS AGAINST THE BAND WITH THE LEADING LEG TO ABDUCT THE HIPS. FEEL SIDE GLUTE CONTRACT.
<a href="https://youtu.be/MhAuNeFHfqw">https://youtu.be/MhAuNeFHfqw</a>	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

*Women's*

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**OPTIMIZATION  
PROGRAM**

**WEEK 8**

BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 8 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	2	3	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/xS3e08fdefc">https://youtu.be/xS3e08fdefc</a>	DUMBBELL ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	1-2 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/VfiTjugSDCQ">https://youtu.be/VfiTjugSDCQ</a>	A1: BARBELL WALKING LUNGE	0	2	15	RPE8	30sec						15 STEPS EACH LEG. STEP AND KEEP CHIN PERPENDICULAR TO FLOOR WITH EACH STEP.
<a href="https://youtu.be/TEFVVT_NuPg">https://youtu.be/TEFVVT_NuPg</a>	A2: GOOD MORNING	0	2	10	RPE8	30sec						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
<a href="https://youtu.be/ONQa7DSeL5Y">https://youtu.be/ONQa7DSeL5Y</a>	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
<a href="https://youtu.be/GLkxU3SB_Uw">https://youtu.be/GLkxU3SB_Uw</a>	SEATED LEG CURL	0	2	12	RPE9	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/-hAz07PIGnk">https://youtu.be/-hAz07PIGnk</a>	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
<a href="https://youtu.be/UzVC4oW00rM">https://youtu.be/UzVC4oW00rM</a>	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	2	4	3	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	4	4	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/NAW0Yg4P4hE">https://youtu.be/NAW0Yg4P4hE</a>	A1: PUSH-UP	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. DON'T LET YOUR HIPS FALL.
<a href="https://youtu.be/qMej4KCwReE">https://youtu.be/qMej4KCwReE</a>	A2: INVERTED ROW	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. USE SMITH MACHINE FOR SETUP. DOUBLE OVERHAND GRIP AND PULL TO YOUR CHEST.
<a href="https://youtu.be/0VvQ6olHi4I">https://youtu.be/0VvQ6olHi4I</a>	EGYPTIAN CABLE LATERAL RAISE	0	3	10	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
<a href="https://youtu.be/vLpHw_5lozQ">https://youtu.be/vLpHw_5lozQ</a>	SEATED FACE PULL	0	3	15	RPE7	1-2 MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
<a href="https://youtu.be/_4qHATQw-9I">https://youtu.be/_4qHATQw-9I</a>	DUMBBELL HAMMER CURL	0	3	12	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
<a href="https://youtu.be/QtZ7Wcbn6fQ">https://youtu.be/QtZ7Wcbn6fQ</a>	DUMBBELL SKULL CRUSHER	0	3	12	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 8 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	3	1	AMRAP	85%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	0	3	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	2	2	6	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	1	3	10	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CONSTANT-TENSION CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						NO PAUSE BETWEEN CONCENTRIC & ECCENTRIC. INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
<a href="https://youtu.be/MFHDPEWDWPG">HTTPS://YOUTU.BE/MFHDPEWDWPG</a>	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3l-Q">https://youtu.be/COYZec_3l-Q</a>	BARBELL BENCH PRESS	3	1	AMRAP	80%	2-3 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/COYZec_3l-Q">https://youtu.be/COYZec_3l-Q</a>	BARBELL BENCH PRESS	3	3	6	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/o59FqNqbYwE">https://youtu.be/o59FqNqbYwE</a>	NEUTRAL-GRIP PULLDOWN	2	4	8	RPE8	2-3 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN BY CONTRACTING YOUR LATS.
<a href="https://youtu.be/m1GAJ2F0Q_0">https://youtu.be/m1GAJ2F0Q_0</a>	DUMBBELL SINGLE-ARM SHOULDER PRESS	1	3	10	RPE7	1-2 MIN						BRACE WITH YOUR ABS. HOLD ONE ARM OUT TO KEEP BALANCE.
<a href="https://youtu.be/sC1xDVs3j-o">https://youtu.be/sC1xDVs3j-o</a>	CABLE SEATED ROW	0	3	12	RPE7	1-2 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
<a href="https://youtu.be/AeMHXHynsKs">https://youtu.be/AeMHXHynsKs</a>	ECCENTRIC-ACCENTUATED DUMBBELL LATERAL RAISE	0	3	10	RPE8	1-2 MIN						3-SECOND LOWERING PHASE. LEAD WITH YOUR ELBOW ON THE CONCENTRIC.
<a href="https://youtu.be/5IKdJO9EXQI">https://youtu.be/5IKdJO9EXQI</a>	PLATE FRONT RAISE	0	3	15	RPE8	1-2 MIN						HOLD AT 9 AND 3 O'CLOCK. RAISE TO SHOULDER HEIGHT
<a href="https://youtu.be/fBZV_ToDWnM">https://youtu.be/fBZV_ToDWnM</a>	CABLE SINGLE-ARM CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
<a href="https://youtu.be/xudZptjqwYU">https://youtu.be/xudZptjqwYU</a>	ROPE OVERHEAD TRICEPS EXTENSION	0	3	10	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

WOMEN’S OPTIMIZATION PROGRAM

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/KO7SLzLhFkI">https://youtu.be/KO7SLzLhFkI</a>	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
<a href="https://youtu.be/Q-xmQxEMpIQ">https://youtu.be/Q-xmQxEMpIQ</a>	SMITH MACHINE SUMO SQUAT	1	2	12	RPE8	2-3 MIN						WIDE STANCE WITH TOES OUT. SIT DOWN AND BACK. SQUEEZE GLUTES DURING CONCENTRIC.
<a href="https://youtu.be/OegaGp_brPs">https://youtu.be/OegaGp_brPs</a>	A1: DUMBBELL FROG PUMP	0	2	30	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	A2: MACHINE SEATED HIP ABDUCTION	0	2	20	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	B1: LYING LEG CURL	0	2	15	RPE8	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/YSsIPZlnGKw">https://youtu.be/YSsIPZlnGKw</a>	B2: CABLE PULL-THROUGH	0	2	15	RPE8	1-2 MIN						USE ROPE AND PULL FROM BETWEEN YOUR LEGS. ENGAGE HIP EXTENSION AND THRUST HIPS FORWARD.
<a href="https://youtu.be/z9jir-_wsM">https://youtu.be/z9jir-_wsM</a>	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/k1H-CF00T3I">https://youtu.be/k1H-CF00T3I</a>	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
<a href="https://youtu.be/GE82pgWtzuc">https://youtu.be/GE82pgWtzuc</a>	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT



# Women's OPTIMIZATION PROGRAM

# WEEK 9 (DELOAD)

# BLOCK 3

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	4	3	3	75%	3-4MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	2	3	8	RPE7	2-3MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/xS3e08dfdc">https://youtu.be/xS3e08dfdc</a>	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	3	12	RPE7	2-3MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	3	10	RPE6	1-2MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3I-Q">https://youtu.be/COYZec_3I-Q</a>	BARBELL BENCH PRESS	3	3	5	70%	3-4MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	CHIN-UP	2	3	6	RPE7	2-3MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	1	3	8	RPE7	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/8raJEV0ksSk">https://youtu.be/8raJEV0ksSk</a>	CHEST-SUPPORTED ROW	1	3	10	RPE7	2-3MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
<a href="https://youtu.be/y18whMZfRhY">https://youtu.be/y18whMZfRhY</a>	DUMBBELL LATERAL RAISE	0	3	15	RPE7	1-2MIN						SWING THE WEIGHT "OUT", NOT "UP" LEAD WITH YOUR ELBOW
<a href="https://youtu.be/vLpHw_5lozQ">https://youtu.be/vLpHw_5lozQ</a>	SEATED FACE PULL	0	3	15	RPE7	1-2MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
<a href="https://youtu.be/Dd0t5UOCEUc">https://youtu.be/Dd0t5UOCEUc</a>	EZ BAR CURL	0	3	10	RPE7	1-2MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
<a href="https://youtu.be/wxlcSapTHpo">https://youtu.be/wxlcSapTHpo</a>	EZ BAR SKULL CRUSHER	0	3	10	RPE7	1-2MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

DAY 3: LOWER BODY HYPERTROPHY

STEPHANIE BUTTERMORE

WOMEN’S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 3-4

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	4	4	2	80%	3-5MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/ue1fcU9fHDA">https://youtu.be/ue1fcU9fHDA</a>	FRONT SQUAT	2	3	8	60%	2-3MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
<a href="https://youtu.be/K07SLzLhFkl">https://youtu.be/K07SLzLhFkl</a>	KNEE-BANDED BARBELL HIP THRUST	1	3	20	RPE6	2-3MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION
<a href="https://youtu.be/qtF4VICzrgc">https://youtu.be/qtF4VICzrgc</a>	LYING LEG CURL	0	3	12	RPE6	1-2MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/UzVC4oW00rM">https://youtu.be/UzVC4oW00rM</a>	BICYCLE CRUNCH	0	3	20	RPE7	1-2MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	3	4	8	65%	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/SqcZJYIZXGw">https://youtu.be/SqcZJYIZXGw</a>	PULL-UP	2	3	3	RPE7	2-3MIN						PULL YOUR ELBOWS BACK AND DOWN TOWARDS YOUR WAIST. CONTRACT LATS.
<a href="https://youtu.be/p2t9daxLpB8">https://youtu.be/p2t9daxLpB8</a>	DUMBBELL INCLINE PRESS	1	3	10	RPE7	2-3MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
<a href="https://youtu.be/sC1xDVs3j-o">https://youtu.be/sC1xDVs3j-o</a>	CABLE SEATED ROW	1	3	12	RPE7	1-2MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
<a href="https://youtu.be/0VvQ6olHi4I">https://youtu.be/0VvQ6olHi4I</a>	EGYPTIAN LATERAL RAISE	0	3	10	RPE6	1-2MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
<a href="https://youtu.be/PH9lpLhJNmc">https://youtu.be/PH9lpLhJNmc</a>	DUMBBELL FRONT RAISE	0	3	15	RPE7	1-2MIN						HOLD DUMBBELL WITH NEUTRAL GRIP. CONTRACT FRONT DELT TO RAISE ARM TO SHOULDER HEIGHT
<a href="https://youtu.be/_4qHATQw-9I">https://youtu.be/_4qHATQw-9I</a>	DUMBBELL HAMMER CURL	0	3	8	RPE7	1-2MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
<a href="https://youtu.be/BRnNIIAlgFM">https://youtu.be/BRnNIIAlgFM</a>	V-BAR PRESS DOWN	0	3	10	RPE7	1-2MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

DAY 5: LOWER BODY STRENGTH

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	4	4	6	RPE6	3-4MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GupsTxSmzg8">https://youtu.be/GupsTxSmzg8</a>	LEG PRESS	2	3	10	RPE7	2-3MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	CABLE STANDING GLUTE KICKBACK	1	3	15	RPE7	1-2MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/z9jir_-_wsM">https://youtu.be/z9jir_-_wsM</a>	STANDING CALF RAISE	0	3	12	RPE7	1-2MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/MhAuNeFHfqw">https://youtu.be/MhAuNeFHfqw</a>	AB VACUUM	0	3	30SEC	RPE7	1-2MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

# Women's OPTIMIZATION PROGRAM

# WEEK 10 (TESTING)

# BLOCK 3

STEPHANIE BUTTERMORE

WOMEN’S OPTIMIZATION PROGRAM

WEEK 10 (TESTING) / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	TOPSET: BACK SQUAT	4	1	AMRAP	90%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/x1T027SHIUQ">https://youtu.be/x1T027SHIUQ</a>	BACK SQUAT	0	2	5	80%	3-5MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
<a href="https://youtu.be/0rFnJjrAEFU">https://youtu.be/0rFnJjrAEFU</a>	BARBELL HIP THRUST	2	2	12	RPE7	2-3MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/xS3e08fdefc">https://youtu.be/xS3e08fdefc</a>	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	2-3MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
<a href="https://youtu.be/vCHMWIzS3Gs">https://youtu.be/vCHMWIzS3Gs</a>	SEATED HIP ABDUCTION	0	2	12	RPE8	1-2MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
<a href="https://youtu.be/mfHDPEwdWpg">https://youtu.be/mfHDPEwdWpg</a>	HANGING LEG RAISE	0	2	10	RPE8	1-2MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/COYZec_3I-Q">https://youtu.be/COYZec_3I-Q</a>	TOPSET: BARBELL BENCH PRESS	3	1	AMRAP	85%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/COYZec_3I-Q">https://youtu.be/COYZec_3I-Q</a>	BARBELL BENCH PRESS	0	2	5	80%	3-4min						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
<a href="https://youtu.be/-NagF3rCGpA">https://youtu.be/-NagF3rCGpA</a>	TOPSET: CHIN-UP	2	1	AMRAP	RPE10	4min						AS MANY REPS AS POSSIBLE WITH GOOD FORM
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	CHIN-UP	0	2	5	RPE7	2-3min						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
<a href="https://youtu.be/8raJEV0ksSk">https://youtu.be/8raJEV0ksSk</a>	BARBELL OVERHEAD PRESS	1	3	8	RPE7	1-2MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/y18whMZfRhY">https://youtu.be/y18whMZfRhY</a>	BARBELL BENT OVER ROW	1	3	10	RPE8	1-2MIN						BEND OVER. PULL BARBELL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
<a href="https://youtu.be/vLpHw_5lozQ">https://youtu.be/vLpHw_5lozQ</a>	DUMBBELL LATERAL RAISE	0	3	15	RPE8	1-2MIN						SWING THE WEIGHT "OUT", NOT "UP" LEAD WITH YOUR ELBOW
<a href="https://youtu.be/Dd0t5UOCEUc">https://youtu.be/Dd0t5UOCEUc</a>	SEATED FACE PULL	0	3	15	RPE8	1-2MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
<a href="https://youtu.be/wxlcSapTHpo">https://youtu.be/wxlcSapTHpo</a>	EZ BAR CURL	0	3	10	RPE8	1-2MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
<a href="https://youtu.be/wxlcSapTHpo">https://youtu.be/wxlcSapTHpo</a>	EZ BAR SKULL CRUSHER	0	3	10	RPE8	1-2MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING)) / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	4	1	AMRAP	90%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM. AIM FOR ~4+ REPS
<a href="https://youtu.be/4NjbwAbSkYw">https://youtu.be/4NjbwAbSkYw</a>	DEADLIFT	0	2	3	80%	4-5MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
<a href="https://youtu.be/ue1fcU9fHDA">https://youtu.be/ue1fcU9fHDA</a>	FRONT SQUAT	2	3	8	60%	2-3MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
<a href="https://youtu.be/K07SLzLhFkI">https://youtu.be/K07SLzLhFkI</a>	KNEE-BANDED BARBELL HIP THRUST	1	3	20	RPE8	2-3MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION
<a href="https://youtu.be/qttF4VICzrgc">https://youtu.be/qttF4VICzrgc</a>	LYING LEG CURL	0	2	12	RPE7	1-2MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
<a href="https://youtu.be/UzVC4oW00rM">https://youtu.be/UzVC4oW00rM</a>	BICYCLE CRUNCH	0	3	20	RPE7	1-2MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	TOPSET: BARBELL OVERHEAD PRESS	3	1	AMRAP	80%	4MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM. AIM FOR 10+ REPS
<a href="https://youtu.be/AzfnDGN-s8A">https://youtu.be/AzfnDGN-s8A</a>	BARBELL OVERHEAD PRESS	0	2	6	RPE8	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
<a href="https://youtu.be/SqczJYIZXGw">https://youtu.be/SqczJYIZXGw</a>	PULL-UP	2	3	3	RPE7	2-3MIN						PULL YOUR ELBOWS BACK AND DOWN TOWARDS YOUR WAIST. CONTRACT LATS.
<a href="https://youtu.be/p2t9daxLpB8">https://youtu.be/p2t9daxLpB8</a>	DUMBBELL INCLINE PRESS	1	3	10	RPE7	2-3MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
<a href="https://youtu.be/sC1xDVs3j-o">https://youtu.be/sC1xDVs3j-o</a>	CABLE SEATED ROW	1	3	12	RPE7	1-2MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
<a href="https://youtu.be/0VvQ6oiHi4I">https://youtu.be/0VvQ6oiHi4I</a>	EGYPTIAN LATERAL RAISE	0	3	10	RPE7	1-2MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
<a href="https://youtu.be/PH9IpLhJNmc">https://youtu.be/PH9IpLhJNmc</a>	DUMBBELL FRONT RAISE	0	3	15	RPE7	1-2MIN						HOLD DUMBBELL WITH NEUTRAL GRIP. CONTRACT FRONT DELT TO RAISE ARM TO SHOULDER HEIGHT
<a href="https://youtu.be/_4qHATQw-9I">https://youtu.be/_4qHATQw-9I</a>	DUMBBELL HAMMER CURL	0	3	8	RPE7	1-2MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
<a href="https://youtu.be/BRnNIIALgFM">https://youtu.be/BRnNIIALgFM</a>	V-BAR PRESS DOWN	0	3	10	RPE7	1-2MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING) / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
<a href="https://youtu.be/OrFnJjrAEFU">https://youtu.be/OrFnJjrAEFU</a>	BARBELL HIP THRUST	4	4	6	RPE10	3-4MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
<a href="https://youtu.be/GupsTxSmzg8">https://youtu.be/GupsTxSmzg8</a>	LEG PRESS	2	3	10	RPE8	2-3MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
<a href="https://youtu.be/hGZgeyXQ1J4">https://youtu.be/hGZgeyXQ1J4</a>	CABLE STANDING GLUTE KICKBACK	1	3	15	RPE10	1-2MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
<a href="https://youtu.be/z9jir-_wsM">https://youtu.be/z9jir-_wsM</a>	STANDING CALF RAISE	0	3	12	RPE8	1-2MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
<a href="https://youtu.be/MhAuNeFHfqw">https://youtu.be/MhAuNeFHfqw</a>	AB VACUUM	0	3	30SEC	RPE8	1-2MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.